

HIGHLIGHTS

December 2002

A Children & Youth Services Newsletter for Volunteers & Mentors of CYS-Project Together

Vol. XVII, No. 12

For Your Information...

Orders are rolling in for the "Sweet, Savory & Sassy" cookbook, which is available just in time for holiday giving. For your donation of \$10, you get 129 pages of fabulous and favorite recipes from employees and volunteers of the Health Care Agency (HCA) and the Mental Health Association of Orange County (MHA). To obtain one for yourself or a copy as a gift, use the order form in the centerfold of this newsletter or log on to our website at www.ochealthinfo.com/behavioral/cyspt and click on "Sweet, Savory & Sassy Helps CYS Kids." Copies are available on a first come, first served basis. For further information, contact Curtis Livingston at (714)796-0100...

Need an article from a back issue? Check out the CYS-Project Together Highlights link on the internet at www.ochealthinfo.com/newsletters/cyshighlights. To help defray our postage costs, send us your e-mail address and we will provide you with a copy of your monthly newsletter electronically. Thank you to Health Care Agency Webmaster Kerry Wilson, who assisted with this effort...

Many California kids have become a part of history in the making. They have submitted designs for the California commemorative quarter to be issued in January 2005. States are being honored by the U.S. Mint in the order in which they ratified the Constitution. California joined the Union as the 31st state on Sept. 9, 1850. Gov. Gray Davis encouraged the people of California, and particularly young artists, to submit their "California-inspired ideas that will capture the history of the state as well as its diverse culture." The winner of the submissions will be announced in 2003...

Volunteers Are Special!

Mentor Sees Child's Potential

CYS-Project Together Mentor Feei Ang, a 12-year-old client, his family and his therapist have been working together to help the boy, who has bipolar disorder and attention deficit/hyperactivity disorder, develop more effective ways of interacting.

Although this experience has been a challenge, Feei will be the first to tell anyone who asks, "I see the potential in him. This is what keeps me going." Feei admits to occasional frustration with coordination problems and tantrums, but she is touched by her mentee's ability to show empathy.

"This (mentoring) takes me out of my 'silver spoon' life."



"I have learned a lot from him," she stated. "I have seen a different social viewpoint. This takes me out of my 'silver spoon' life." According to Feei, she has observed small, but significant changes that have occurred in the client and with the client's family. She has witnessed how the boy's family is becoming more cooperative and working more easily with both the mentor and the therapist. She has also seen how the mother is working more effectively with the child, which has helped the mentoring relationship run more smoothly.

(continued on page 2)

Sunday, Dec. 15 Make Your Reservation For the Annual Holiday Party

It's a traditional "kid" party. The Annual Holiday Party for CYS-Project Together Mentors, TBS Coaches and CYS clients with whom they are matched, is slated from 11 a.m. to 2 p.m. Sunday, Dec. 15. It is sponsored by and held at the Huntington Beach Elks Club, 7711 Talbert Ave., Huntington Beach.

Coordinator of this event is Aspen/Tustin Mentor Nancy Bresnan, who is working with Elk Chairmen, Tom and Valarie Lemm. Nancy promises holiday gifts, courtesy of her appointed elves and Santa Claus, who is on loan from the Huntington Beach Fire Department. The refreshments and entertainment also will be "kid friendly" and include pizza, hot dogs, face painting, a close-up look at the fire truck and some surprise activities.

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Volunteers Are Special!

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According to therapist Dr. Martin Bick, Feei is an "ideal mentor." He elaborated that, "Her commitment to the program is evident as she demonstrates a willingness to involve herself. She is very good about communicating with me and the client. She is always thinking of fun activities in which to engage the client. She stands firm and is thoughtful about her role. I really appreciate working with her," he said.

Feei has taken a great deal of time to plan out activities that have provided enrichment, fun and challenging opportunities in keeping with the therapeutic plan. The two have gone skating, fishing, to the movies, picnics, as well as CYS-Project Together-sponsored outings. His favorite activity is fishing. But Feei has an ultimate goal in mind---she would like the two of them to attend a game show!

During her mentoring experience, Feei has developed a greater understanding and awareness of herself and those around her. She has learned a great deal from the experience and feels the experience has paid off for her and the client. She heard about CYS-Project Together from a flyer in the Placentia Public Library, but hesitated to sign up because she was concerned about the commitment level in terms of time and emotions. She waited six months to make the call for an interview. She appreciated the prompt response and enthusiasm from CYS-Project Together staff.

—Information for this article was contributed by Sunney Shin, CYS-Project Together Coordinator for North Region, CYS-Project Together.

Quotable Quote

"I have learned silence from the talkative, toleration from the intolerant, and kindness from the unkind; yet, strange, I am ungrateful to those teachers."

—Kahlil Gibran

Mentoring Matters

WELCOME NEW MENTORS

East

Rebecca Burwell
Ryan Maddox

North

Luisa Amaya
Kim Bird (re-match)
Carrie Coates
Melanie Lamoureux
(re-match)

South/ Costa Mesa

Leah Crain
Miki Fujikawa
Nichael Bergman
Vanessa Nguyen

South/Laguna

Joleen Aguon

West

Billie Cline (re-match)
Young Joon Kim
(re-match)
Judy Sohl (re-match)
Jan-Michael Tompkins



Aspen/Tustin Al Castro
Cynthia Jansen
Margo Jolly

THANKS TO THOSE WHO HAVE MOVED ON

North Samantha Mun

**South/
Costa Mesa** Jennifer delMundo
Victor Pulido

**South/
Laguna Beach** Leslie Brown
Trena DeLamar
Heike Kholooci

West Tanya Nguyen

The CYS-Project Together Staff

Wishes You
Happy Holidays
&
A Prosperous New Year

Marcus J. Murphy

Sunney Shin

Ashmi

Nancy Rolins

Lea Leon

Shawn Madoff

Peggy Evans

Veronica B. Chang

Curtis Livingston

Ken Cornwell

Deborah

Diane Prescott

Projects Corner

Kids Care

The actual act of volunteering to help another, provides many benefits, including finding a place to belong in society, gaining perspective on life, learning responsibility, identifying with a cause, realizing their purpose in life and boosting self-esteem by performing good deeds.

Helping youth to identify and participate in volunteer opportunities over the holidays is a great way to teach and initiate a life-long practice of volunteer service. Volunteering creates an opportunity to identify interests or even a passion for certain areas of interest. The most challenging part of becoming a volunteer is finding an opportunity that fits one's personality.

For some, the holiday season can be a very stressful time that can make behavioral problems shine. Volunteer work creates a diversion and helps give perspective.

To follow is a list of volunteer opportunities in which children and teenagers may participate with their mentors:

- **North Pole Painting Day Season of Giving Toy Drive**—Eden Industries, 1651 Browning in Irvine needs lots of kids from 5 to 16 years of age and adults to paint toy collection boxes from 10 a.m. to noon on Saturday, Dec. 1. The boxes go to the Season of Giving Toy Drive for Children's Hospital of Orange County (C.H.O.C.). Helpers should wear warm clothes suitable for getting messy. There will be complementary hot chocolate, coffee, doughnuts and a visit from Santa. Paints and brushes are provided. Businesses and organizations are needed to host toy collection. Volunteers are also needed to distribute toys.

For information: Jon Rodberg at (949)833-3733

- **Holiday Adopt-A-Family Program**—Volunteer through Dec. 20 at the Salvation Army Christmas Distribution Center in Santa Ana, helping collect food and toys as well as packing, doing inventory and other tasks. Individuals will be needed to distribute toys Dec. 15, 18 and 20. Angel trees

are available for school groups and organizations through Friday, Dec. 14. Volunteers may also "ring the bell" in all parts of the county Saturdays through Dec. 22. This program serves those in financial need through the Community Service Programs of Victim Assistance.

Time: 8 a.m.-4 p.m.

For information:

(949)975-0244

- **Holiday Hope**—Adults, youth, members of organizations and co-workers are welcome to participate in Holiday Hope, which provides food for families. This is the 18th year that the Orange County Health Care Agency Volunteer Services has provided this service to the most needy clients referred by County clinics.

For information: (714)834-4144

- **S.O.S./Share Our Selves**—Located at 1550 Superior Ave., Costa Mesa, S.O.S. is looking for several types of volunteers for different tasks. Volunteers may donate food, new toys, new clothing or other gifts to the Adopt-A-Family project. These need to be delivered by Saturday, Dec. 22, to the Orange County Fairgrounds distribution center in Building 10. Volunteers are needed on this day to pack and deliver boxes.

Volunteers also are needed on Thursday and Friday, Dec. 20 and 21, to help with packing of toys and food for families, who have not been adopted, at St. John's Catholic Church, 1015 Baker in Costa Mesa. The program serves families countywide who are referred by school officials.

For information: (949) 650-0640

- **St. Jude's Care for the Poor Thrift Shop**—St. Jude's Medical Center is looking for dedicated and reliable teenagers to operate this brand new thrift shop located in the Costco Shopping Center parking lot at Herbert and Orangethorpe in Fullerton. Help during the holiday season is essential, but teenagers are being sought for ongoing support of this project. Donations from shop patrons will help pay for care and support services for terminally and critically ill patients not covered by insurance, as well as support



the mobile health vans that provide basic health care to children in their neighborhoods. Donations of clothing are also welcome.

For information: Marcie Billetts at (714)446-5080

- **Salvation Army/Toys for Tots**—Teenagers are welcome to volunteer to sort toys by age and gender in the warehouse located near the El Toro Marine Base. The Salvation Army also has other seasonal projects for which they need and welcome teenage volunteers.

For information: Toys for Tots project: Mona Gustafson, (714)227-9522

Other Salvation Army projects: (714)633-9190

- **Women Helping Women**—Volunteers 14 and over are needed on week days to assist in client intake, donation intake, clothing sorting and dressing. This organization is dedicated to helping abused and needy women make the transition to economic self-reliance.

For information: Alison James, (949)423-0057

- **Think Together**—All locations in Orange County (Santa Ana, Tustin, Orange or Costa Mesa) need volunteers, who currently range in age from 9 to 86. Peer volunteers help fellow students in subjects where they have strengths, or with computer searches for academic and research materials, and assist by reading stories or choosing appropriate books and magazines. Volunteers also assist with Friday enrichment activities. To contact one of the 14 Think Together centers near you:

For information: Danae Ongchangco, (714)543-3807

DECEMBER 2002

Calendar of Events

The CYS-Project Together Calendar is a collection of affordable, fun, wholesome and interesting events that can be enjoyed by children, teens and adults. To submit an item for the calendar, please call (714)796-0100.

Sunday, Dec. 1 **Light Up A Life Tree** **Lighting Ceremony**

St. Jude Medical Center
Erickson Education Center
101 E. Valencia Mesa Dr.
Fullerton
(714)992-3033

Funds raised from the purchase of lights provide programs and support not covered by insurance for chronically and terminally ill patients and their families. Children, teenagers and groups may make ornaments and decorations for the tree.

Time: 5:30 p.m.

Cost: Free

Monday, Dec. 2 **Kwanzaa Celebration**

Fullerton College
Cadena/Transfer Center, Bldg. 801
321 Chapman Ave.
Fullerton
(714)992-7587

Time: Noon

Cost: Free

Saturday & Sunday **Dec. 7 & 8** **Cat Show**

Orange County Fair & Exposition Center
88 Fair Dr., Building 17
Costa Mesa
(714)751-3247
www.ocfair.com

Time: Saturday 8 a.m.-3:30 p.m.

Sunday 9 a.m.-5 p.m.

Cost: Seniors	\$5
12 and under	\$5
Adults	\$7

Saturday, Dec. 7 **Breakfast with Santa**

Stanton Community Center
7800 Katella
Stanton
(714)379-9222

Drop by for this fun event. After breakfast, the children may talk to Santa and do crafts.

Time: 8 a.m.-Noon

Cost: \$2

Saturday, Dec. 7 **Kandy Kaneland** **and Kraft Fair**

Ehlers Community Recreation Center
8150 Knott Ave.
Buena Park
(714)562-3844

This 30-year-old tradition features excitement for all ages. Those attending may purchase unique holiday gifts or food from some 100 artisans or one of the non-profit organizations. There are games and entertainment galore. However, most important, Santa comes in from the North Pole to listen to children's requests. Nearby will be the 10-tons of snow brought in for the snow slide.

Time: 10 a.m.-4 p.m.

Cost: Free

Sunday, Dec. 8 **Market Place Car Show**

Orange County Fair & Exposition Center
88 Fair Dr.
Carnival Lot
Costa Mesa
(949)723-6663

This is a "primo" event for car buffs interested in vintage to modern models.

Time: 8 a.m.-3:30 p.m.

Cost: Free with \$2 admission to Marketplace

Sunday, Dec. 8 **Las Posadas**

Bowers Museum
2002 N. Main
Santa Ana
(714)567-3623

The entire family is welcome to attend this event sponsored by the Hispanic Arts Council.

Time: 5:30-7:30 p.m.

Cost: Free

Tuesday, Dec. 10 **Holiday Tree** **Lighting Ceremony**

Stanton Community Center
7800 Katella
Stanton
(714)379-9222

Join fellow members of the community and Santa for musical entertainment, refreshments and hot cider.

Time: 5:30 p.m.

Cost: Free

Through Dec. 12 **After School Sports**

Community Services Department
Laguna Hills
(949)707-2692

The Community Services Department is offering intramural sports two days a week after school at each elementary school campus. Sessions begin with skills development and progress to tournaments.

Time: After school

Cost: Free

Friday, Dec. 13 **Kids' Night Out**

Stanton Community Center
7800 Katella
Stanton
(714)379-9222

Recreation leaders will entertain kids 6 to 14 and settle in for the evening with pizza and a movie, so parents may go Christmas shopping.

Time: 6-10 p.m.

Cost: \$2

Saturday, Dec. 14 **Christmas Critters**

Santa Ana Zoo
1801 Chestnut
Santa Ana
(714)893-8555

Join the critters and zoo staff to help decorate cookies, listen to live music and spend time with Santa.

Time: 2 p.m.
 Cost: Adults \$5
 Children 3-12 \$3

Saturday, Dec. 14 Operation Food Celebration

Stanton Community Center
 7800 Katella
 Stanton
 (714)379-9222

The City of Stanton has joined forces with Operation Food and Swords for Christ for this community holiday celebration. There will be live musical entertainment and gifts for the children.

Time: 11 a.m.-3 p.m.
 Cost: Free

Sunday, Dec. 15 Computer Fair

Orange County Fair & Exposition Center
 88 Fair Dr., Building 12
 Costa Mesa
 (800)800-5600
 www.lacomputerfair.com

There will be something of interest for everyone from novice to "techie" status at this nationally sponsored event.

Time: 10 a.m.-5 p.m.
 Cost: Free

Through Dec. 24 Knott's Christmas Crafts Village

Knott's Berry Farm
 8039 Beach Blvd.
 Buena Park, CA
 (714)220-5200

Every year from Thanksgiving through Christmas Eve, Knott's Berry Farm turns its historical Ghost Town into an enchanted 1880's Victorian shopping village. The street is brimming with strolling carolers, community choirs, brass bands, as well as artisans and crafters with one-of-a-kind items. Kids can visit with Santa in his workshop and munch on treats in Mrs. Claus' Kitchen.

Time: 10 a.m.-6 p.m.
 Cost: Adults \$6
 Seniors \$4
 Children under 12 \$3

Saturday, Dec. 28 Kawanzaa Celebration

Bowers Conference Center
 2002 N. Main
 Santa Ana, CA
 (714)567-3623

Sponsored by the Cultural Arts Council, this is a traditional event at Bowers. Join

the drummers, candle lighters, storytellers and dancers for a wonderful afternoon of entertainment, a silent auction and refreshments.

Time: 1-3:30 p.m.
 Cost: Family of 4 \$20
 Adults \$7
 Children under 10 Free

Daily Old Fashioned Roller Skating

Fountain Valley Skating Center
 9105 Recreation Circle
 Fountain Valley
 (714)847-6300

This is roller skating in an old-fashioned wooden rink and this floor has been newly refurbished. Rent some skates or bring your own, if you have the right wheels. They have special games for kids and skate dance competitions for teenagers on weekends. And, if you are a beginner, others will help "baby step" you along the wall, or at least pick you up off the floor. Due to special events schedule, call to confirm rink availability.

Time: 10 a.m.
 Cost: Admission \$5
 Skate rental \$2

Singing Hen Farm

9731 Walker St.
 Cypress
 (714)826-9494

Cypress was a rural town until the 1960's and Singing Hen Farm owner Calvin Meekhof raised chickens. After he moved the operation to Riverside, he still kept two rows of chicken and black rabbit cages on the property and put them in front of Singing Hen Farm, which is a small dairy grocery placed on the family's egg ranch location.

Time: Monday-Friday
 10 a.m.-6 p.m.
 Cost: Free

Asian Garden Mall

9200 Bolsa Ave.
 Westminster
 (714)894-3854

Located in the heart of Little Saigon, this Asian style façade has become a Southern California landmark graced by the life-size Happy Buddha and images of fortune, longevity and prosperity. Step inside and cool down by enjoying a sugarcane drink or papaya salad. Browse to find a blend of American and Vietnamese products, including blankets, herbs, shoes, clothing and jewelry, reflecting life

in the Vietnamese community.

Time: 9 a.m.-7 p.m.
 Cost: Free

Saturdays International Speedway Racing

Grandstand Arena
 Orange County Fair & Exposition Center
 88 Fair Dr.
 Costa Mesa
 (949)492-9933

Park in the main lot off of Fair Drive
 This is an exciting Saturday night, especially for teenagers.

Time: 7:30 p.m.
 Cost: Adults \$10
 Seniors and teens \$6
 Under 13-17 \$6
 Children 6-12 \$3

Every 3rd Sunday Stanley Ranch Museum

12174 Euclid St.
 Garden Grove
 (714)530-8871

This museum, which protects the historical roots of Garden Grove's first settlers during the 1870's Village Era, is run by volunteers from the Garden Grove Historical Society, who provide a guided tour every third Sunday of the month. You can see vintage farm equipment, a restored house and barn, explore the 17 buildings on the 2-acre site, and step back into yesteryear.

Time: 1:30-4 p.m.
 Cost: \$1-2 donation

Saturdays Story Time

Santa Ana Library
 26 Civic Center Plaza
 Santa Ana
 (714)647-5250

For youngsters 12 and under, this story hour features wonderful books from new releases to old favorites.

Time: 10 a.m.
 Cost: Free



Thank You Santa's Workshop Elves

CYS-Project Together staff members would like to thank the 70-plus volunteers who offered their time, equipment and service at the Santa's Workshops held in September, October and November. Volunteers cut, sanded, primed, painted and decorated the woodwork items available at the annual Holiday BouTEAque to raise funds to benefit clients and families served by the Health Care Agency/Behavioral Health Services/Children & Youth Services. A host of volunteers/donors helped out with equipment, expertise, artistic ability, material, hospitality and food to feed the elves.

Thank You

To Santa's Workshop Donors

R & J. Cabinets
Mr and Mrs. Stanley Hall
The Tall Mouse
Gloria Navarro

Thank You

To Volunteers Who Donated 10-20 Hours

Gabi Dendinger
Antoinette Hunt
Tonia Latorre

Groups that sent volunteers included:

Santa Ana College Circle K Club
Gamma Phi Beta Sorority
Chapman University Sororities
Fullerton College Psychology Group
Girl Scouts
CYS-Project Together Mentors

Volunteers

Morey Aldrup
Jouen Agnon
Eunice Auilar
Miguel Aguilar
Danielle Alvarez
Alexis Amparan
Jeff Bahra
Arminda Barrera
Lorunama Barrera
Kim Bird
Nancy Bresnan
Wendy Callahan
Bonnie Carmalt
Abdiel Castillo
Sarai Castillo
Laura Catalan
Christian Chavez
Henry Ciudad Real
Kelly Coffey
Bethany Crouch
Deanna Davalos
Jennifer delMundo
Ana Diaz
Natalie Diaz
Lindi Duesenberg
Stephanie Ember
Jeanie Enriquez
Larissa Errichetto
Jennifer Finley
Erin Gaynor
Kelly Gdlujka
Christina Gutierrez
Tallia Haas
Stacey Hernandez
Nicole Hoperich
Antoinette Hunt
Brandina Jensen
Young Joon Kim
Junette Ong-Kim
Sherri Lambert
Frank Lazo
Elizabeth Lewis
Andrea Loera
Ben Martinez
Ruth Martinez
Sara McCalester
Leigh McFarren
Marcella Michel

Lauren Miller
Elizabeth Moreno
Gloria Navarro
Nick Navarro
Stephanie Navarro
Denise Nguyen
Michelle Nguyen
Linsey Onken
Alison Osburn
Stacie Paraska
Christin Pawling
Carmen Perez
Lizzeth Perez
Noemi Perez
Alina Pineda
Nicole Pnesh
Nelda Porter
Caitlin Rautschler
Sarah Rineer
Erica Runyon
Sameera Shah
Christy Sayer
Amber Schubert
Ricu Shaub
Sakoto Obi Shikata
Judy Sohl
Mary Talmachoft
Leigh Thomas
Osmar Ulloa
Dorrie Van Winkle
Vanessa Velasco
Katie Van Sittert
Amber Weinke
Brianna Wright
Megan Young



There's More Than One Way to Hug a Child...

The staff and clients of Children & Youth Services (CYS) and CYS-Project Together deeply appreciate the wonderful support provided by many local businesses and organizations. Our affiliation with the Mental Health Association of Orange County allows us to accept and distribute community resources that are an important asset in the therapeutic process for all the children we serve. Each month, we extend our thanks and give recognition to our caring donors.

Jean Brayer
Santa Ana

Center Meats
Brea

Cornwell Foods
Irvine

Delux Paint Centers
Santa Ana

Howard George
Huntington Beach

Laurie Figueroa
Trabuco Canyon

Fraze Paints
Orange

Richard Jordan
Laguna Beach

Mary Ann LaTorre
Yorba Linda

Gloria Navarro
Westminster

Ralphs
Walnut

Randy's Interiors
Orange

Sparkletts Water
Santa Ana

Statek Corp.
Orange

HAPPY BIRTHDAY!

Stanley Hall	12/13
Christopher Looney	12/13
Scott Yoshizaki	12/13
Liza Camba	12/15
Diana Huijsmana	12/16
Vanessa Piscazzi	12/16
Cesar Santa Ana	12/18
Tanya Nguyen	12/20
David Minna	12/22
Maria Aldana	12/23
Kathleen Furlong	12/23
Debbie Hsieh	12/23
Annette Sheehan	12/23
Nancy Bresnan	12/28
Bryan Ohira	12/29
Janelle McLaughlin	12/30

Annual Picnic Mentors Meet Mentors

The CYS-Project Together Great Pumpkin Picnic, held Saturday, Oct. 26, at Mile Square Park, was a blast for mentors and the kids. Mentors Donna Goodman, Grace Passage and Sandy Miyagishima keep close tabs on the game at hand. In addition to traditional picnic games, participants had a wonderful time painting Halloween pumpkins. CYS-Project Together sponsors annual events such as the picnic and the holiday party in December to give mentors and their matches a chance to interact, share experiences and just have fun.



Personalizing the Holidays

CYS-Project Together Volunteer Tonia Latorre (right) and Aspen/Santa Ana Volunteer Coordinator Adrienne Davalos (left) personalized holiday decorations during the CYS-Project Together Annual Holiday BouTEAque held Nov. 21.

The Back Page



Elves Finish Work

CYS-Project Together Santa's Workshop Volunteers Satoko Obi Shikata (left), Young Joon Kim (center) and Junette Ong-Kim (right) show off yard ornaments they made for the CYS-Project Together Annual Holiday BouTEAque. The workshops were held September, October and November to get ready for the BouTEAque, held Thursday, Nov. 21, at 405 W. 5th St. in Santa Ana. This year's event was a great success featuring the sale of the holiday yard and house ornaments and the cookbook, "Sweet, Savory & Sassy." Some 70 volunteers from the community made the boutique items in the three Santa's Workshops, which were organized by CYS-Project Together Volunteer Coordinators Diane Prescott from West Region and Adrienne Davalos from Aspen/Santa Ana.

HIGHLIGHTS

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County of Orange Health Care Agency/Behavioral Health Services

Children and Youth Services/Project Together

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Aspen/Tustin Ken Cornwell (714)508-1919

The Health Care Agency/Behavioral Health Services/Children and Youth Services provides mental health treatment for emotionally and behaviorally disturbed youth and their families throughout Orange County. CYS-Project Together is a volunteer mentor program for CYS children and teens. The program also offers supportive resources to clients and families to assist them in achieving treatment goals. The program operates cooperatively with its community partner, the Mental Health Association of Orange County.



County of Orange Health Care Agency
Behavioral Health Services/Children & Youth Services

CYS-Project Together Highlights

405 W. 5th Street, Suite 436

Santa Ana, CA 92701

Address Correction Requested

